

PARENT RESOURCE CENTER - YORK COUNTY

The Parent Resource Center team members know that everyone has the potential to strengthen their skills and without placing blame, we act as guides for the family, building on the strengths of the parents to transform their own lives and the lives of their children, through strength based teaching we help parents to identify and let go of negative and self-defeating thinking, and expand upon their knowledge in a safe and nurturing environment. At PRC we believe that parent education and support play a crucial part in the prevention of family violence.

We offer four levels of support to families in York County to empower parents:

LEVEL 1 – Information/Referral and Resource

LEVEL 2 – Parent Connection (PC) Support Groups

LEVEL 3 – Parenting Classes (Fee based):

a. Positive Parenting Series

- \$125 per parent
- Scholarship opportunities are available with funding support from the Maine Children's Trust

This educational series consists of 20 hours of classroom instruction designed to facilitate an awareness of a parents' role and responsibilities. Our classes are taught by experienced educators who work with parents to expand on their knowledge of child development, age appropriate behavior, communication skills, and alternatives to physical discipline. We discuss how parenting styles are developed and emphasize the importance of their own self-esteem and that of their children. We provide educational materials in the form of handouts, videos, and reading assignments as well as information on local resources.

A minimal fee is charged but the community funded scholarships are available to families who need assistance. Classes are open to all parents, including foster, single, step, adoptive, and non-traditional parents.

There is a \$125 fee for this class. Partial scholarships are available.

b. Just for Dads

- No fee with grant funding from Strong Father's Network

This educational series consists of 10 hours of classroom instruction taught by Bobby Dion, a Father/Parent Educator from the PRC Team. Topics include: Parenting Styles – What kind of father do you want to be?; Communication – Are you speaking the same language as your children?; Esteem-building discipline techniques; Positive approach to discipline!; Stress Management; Techniques for today's dad. Through discussions, handouts, videos, and classroom exercises, we help parents uncover their strengths and find new ways to enhance relationships with their children.

There is no cost to dads for this program. It is a grant-funded program as part of the "Strong Fathers" collaborative grant.

LEVEL 4 – Empowering Parent Programs

One on One Parent Education and Family Access Program

We offer our support groups and the parenting classes in the two parenting classes in Biddeford and Springvale to allow a central location for parents throughout York County.

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